

NDIS Support Guide

NDIS Daily Living Support

Your plain-language guide to getting the support you need



What is Assistance with Daily Life (ADL)?

A Core Support in your NDIS plan

ADL is one of four Core Support categories in your NDIS plan. It covers personal assistance and supervision for the everyday tasks that help you live as independently as you choose.

A support worker can help you at home or in the community — with personal hygiene, meal prep, household tasks, or getting out and about.

Unlike Capacity Building supports (which help you develop new skills), ADL is about the support you need right now, on a day-to-day basis.



Three types of NDIS support budgets

Core

Helps you complete everyday daily living activities and tasks.

Capital

Covers assistive technology, equipment, home or vehicle modifications, and Specialist Disability Accommodation.

Capacity Building

Builds independence and skills toward your goals. Funding stays within each support category - it cannot be moved between categories.

Your NDIS plan has three support budgets

Each budget covers a different area of your life — here's what they mean for you



This is your everyday budget.

It pays for the support you need to get through your day — things like help with showering and dressing, preparing meals, getting out and about in your community, or having someone assist you at home.

Core is the most flexible budget. In most cases, you can shift funding between support types to suit what you need most.



This budget covers the bigger purchases.

It funds equipment and assistive technology — like wheelchairs, home modifications, or communication devices — that help you live more independently.

Capital funding is tied to specific items approved in your plan, so it can't be moved to other budget areas.



Capacity Building

Builds your independence and skills to help you work toward your goals.

This budget is about building your skills.

It funds support that helps you become more independent over time — like therapy, finding a job, learning new skills, or working with a support coordinator to get the most out of your plan.

Funding is allocated to specific goals and can't be swapped between categories.



Note: funding stays within each category and cannot be moved between them

What ADL won't cover

NDIS funding is designed to cover disability-related supports, not everyday living costs. Participants are responsible for the same expenses any person would pay - rent, groceries, utilities, and general household items like a fridge or bed. If a cost would exist regardless of your disability, it is generally not covered by ADL funding.

Common exclusions:

- Food and groceries (support workers can assist with meal prep, not ingredients)
- Cleaning and household supplies
- Personal items unrelated to your disability
- Tickets to events - movies, concerts, sports
- Recreational activities and hobbies
- Rent, mortgage payments, and utility bills

Home and living support



Supported Independent Living

Paid personal support for daily tasks - personal care, cooking, and skill-building - most commonly used in shared living arrangements.

Individualised Living Options

A flexible support package that lets you choose your home and design the supports that suit your lifestyle and living situation.

Home Modifications

Structural changes to your home - layout, fittings, or access points - so you can move around safely and comfortably.

Medium Term Accommodation

Temporary housing while you wait for a long-term solution. Funded for up to 90 days when a permanent arrangement is confirmed.

Your Core Support funding is flexible

Good news — Core Supports funding can move between categories. If you don't use all your Assistance with Daily Life funds, you can shift them to Transport or Community Participation, and vice versa.

Exception: 'Stated supports' in your plan (like Supported Independent Living) are locked to their specific purpose and cannot be redirected.

A practical example: If you become more independent in the mornings and no longer need one-on-one support every day, you could redirect that budget toward a weekly group activity you enjoy instead.

Your funding should work for your life — not the other way around.

Assistive technology: tools that help you do more

Funded through your Capital or Core Supports budget

Assistive technology (AT) is any equipment or device that helps you do things you can't do because of your disability, or helps you do them more easily and safely.

NDIS FUNDING TIERS

No quotes needed

Straightforward to access - buy and claim back through your plan.

Written evidence required

A therapist or AT assessor provides a report to support your request.

Full assessment and quotes needed

A comprehensive AT assessment plus formal quotes are required.

EXAMPLES OF AT

Mobility aids · Communication devices · Hearing aids · Shower chairs · Smart home technology

Always get advice from an AT assessor before buying. They help make sure the equipment is the right fit for your needs - and that your funding will cover it.

Understanding your plan review

Your NDIS plan is not permanent. It's reviewed regularly to make sure your supports still match your needs and goals.

TWO TYPES OF REVIEW

Happens at the end of your plan period - usually every 12 months.

Request one at any time if your circumstances change significantly.

TIPS FOR A SUCCESSFUL REVIEW

- Collect evidence of how your supports are working.
- Note any goals you have achieved or that have changed.
- Bring a support person, coordinator, or advocate.
- Record any new needs or equipment you require.

The review is your opportunity to make sure your plan reflects where you are now - not where you were.



Support for your carers too

Caring for someone full-time is meaningful work. The NDIS recognises that carers need support too - here's what may be available in your plan.

Gives carers a planned break while ensuring you continue to receive quality support.

A chance to recharge, knowing you're well looked after.

Funded support workers help share the daily caregiving load.

Reduces pressure on your carer and keeps routines running smoothly.

Some plans include supports that directly address caregiver burnout.

Promotes sustainable, long-term care arrangements for everyone involved.

Note: Carer supports are included in your plan when the NDIS considers them reasonable and necessary. Speak with your Local Area Coordinator or Support Coordinator to discuss what's available in your specific plan.

1 Set your goal

Include a home and living goal in your plan. The NDIS will work with you to find the right mix of supports.

2 Explore your options

Review options through state or territory agencies, local community services, and the private market.

3 Gather evidence

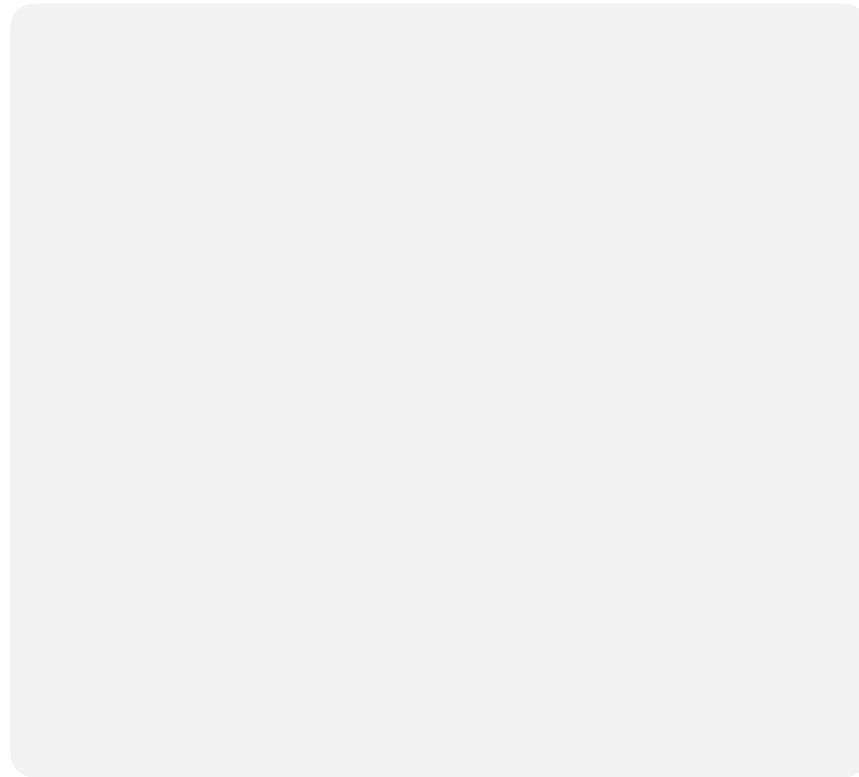
Document your support needs, functional capacity, and why other options don't meet your disability-related needs.

4 Talk to a coordinator

Contact your local area coordinator, support coordinator, or recovery coach for guidance through the process.

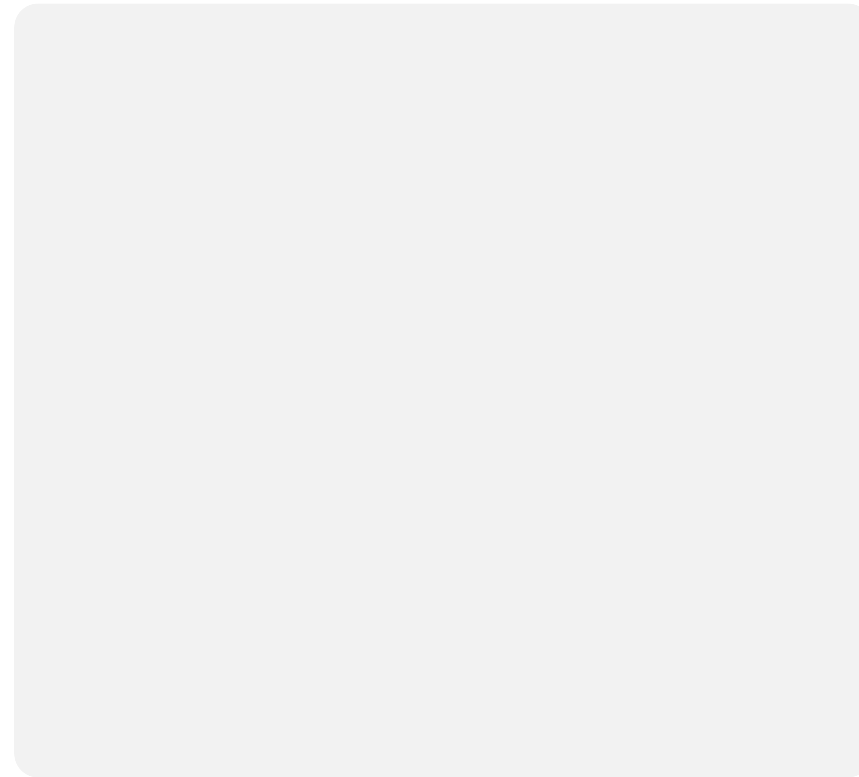
Support budgets

Assistive technology



Equipment and systems that help people with disability complete everyday tasks - at home, in the community, and at work.

Capacity building



Supports that develop independence - improving daily living skills, money management, social skills, and communication.

Capital supports



Funds higher-cost AT equipment and home or vehicle modifications. Capital Support funds are ring-fenced - they can only be used for their specific purpose.

Get started

Ready to take the next step?

Your NDIS plan is about your life and your goals. Whether you are starting your first plan or reviewing an existing one, help is available.

You can also speak with your Local Area Coordinator (LAC) or Support Coordinator for personalised guidance.



Contact us

Call *1800 800 110*

Monday to Friday, 8am–8pm local time
Excluding public holidays

Online

[ndis.gov.au](https://www.ndis.gov.au)

Find resources, planning tools,
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